

Maple-Balsamic Chicken

with Cranberry Brussels Sprouts and Mashed Potatoes

30 Minutes





Breast







Russet Potato

280 g | 560 g





Brussels Sprouts 170 g | 340 g



Dried Cranberries

¼ cup | ½ cup



Maple Syrup 2 tbsp | 4 tbsp

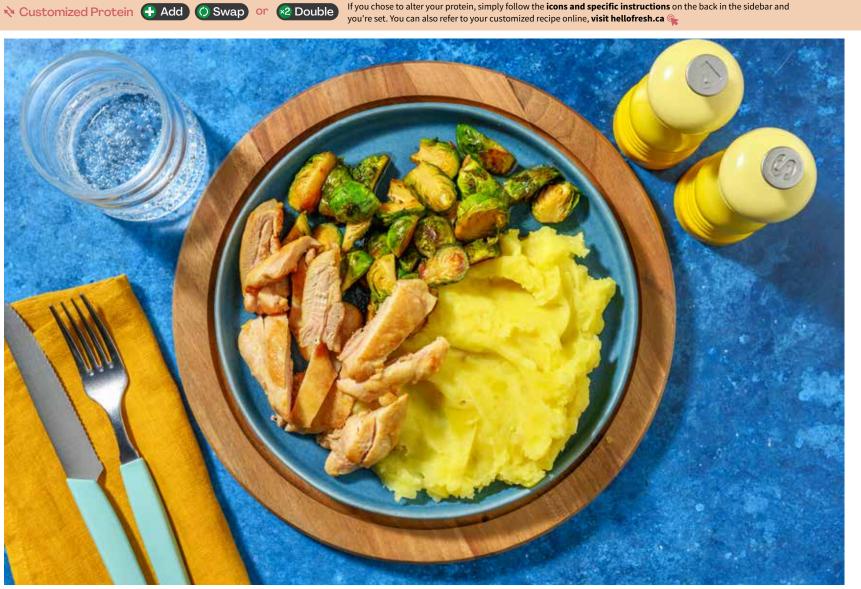




Chicken Broth Concentrate 1 | 2



1 tsp | 2 tsp



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat. Cooking utensils | Baking sheet, medium non-stick pan, measuring spoons, potato masher, parchment paper, small bowl, measuring cups, large pot, paper towels



Cook potatoes

- Before starting, preheat the oven to 450 °F.
- Add 1 ½ cups (3 cups) water to a medium pot.
- Cover and bring to a boil over high heat.
- · Wash and dry all produce.
- Peel, then cut potatoes into 1-inch pieces.
- Add potatoes, 1 tsp salt and enough water to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.



Cook chicken

O Swap | Chicken Breasts

O Swap | Tofu

- Meanwhile, pat chicken dry with paper towels. Season with half the garlic salt and pepper.
- Heat a medium non-stick pan (large for 4 ppl) over medium-high heat.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then **chicken**. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed.)
- Cook until golden, 1-2 min per side.
- Transfer to a parchment-lined baking sheet.
- Roast in the middle of the oven until chicken is cooked through, 10-12 min.**



Finish prep

- While chicken cooks, add maple syrup, balsamic vinegar and half the broth concentrate to a small bowl. Stir to mix.
- Halve Brussels sprouts (if larger, quarter them).



Cook Brussels sprouts

- Reheat the same pan (from step 2) over medium.
- When the pan is hot, add 1 tbsp (2 tbsp) butter and Brussels sprouts. Cook, stirring often, until **butter** is melted, 1-2 min.
- Reduce heat to medium-low. Add half of the maple syrup mixture and 1/3 cup (1/2 cup) water. Stir to coat.
- Cover and cook, stirring occasionally, until most of the liquid has evaporated and veggies are tender, 6-8 mins.
- Stir in cranberries.



Finish and serve

O Swap | Tofu

- Drain and return potatoes to the same pot, off heat. Mash remaining broth concentrate and 1 tbsp (2 tbsp) butter into potatoes until creamy. Season with remaining garlic salt and pepper.
- Thinly slice chicken.
- Divide mash, chicken and Brussels sprouts between plates.
- Spoon remaining maple-balsamic sauce over chicken.

Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Measurements

within steps

If you've opted to get chicken breasts, prepare and sear them in the same way the recipe instructs you to prepare and sear the chicken thighs, then increase the bake time to 12-14-min.**

1 tbsp

oil

(2 tbsp)

2 | Cook tofu

O Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut tofu in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Season **tofu** in the same way the recipe instructs you to season the chicken. Heat a large non-stick pan over medium heat. When hot, add 1 tbsp (2 tbsp) oil, then tofu. Pan fry until golden, 2-3 min per side. Transfer tofu to a plate. Cover to keep warm. No need to bake tofu after pan-frying.

5 | Finish and serve

O Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the chicken.



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